

CHWP to celebrate its Fifth Anniversary

On March 1, 2019, Community Health & Wellness Partners will celebrate its 5th anniversary as a Community Health Center.

We will be offering an open house of our newest office location in Bellefontaine, 212 E. Columbus Ave., Suite 1.

For more details, check out our social media pages at Facebook.com/chwplc/ on Twitter <https://twitter.com/CommunityHeal20> and LinkedIn: <https://www.linkedin.com/company/community-health-&wellness-partners-of-logan-county/>

Bellefontaine office offers VFC vaccines

The Vaccines For Children (VFC) program is now available at the Bellefontaine location. Patients can schedule nurse visits at the Bellefontaine office to receive vaccines under the same protocol as the West Liberty and Indian Lake offices. Call 937-599-1411 option 4 to schedule a nurse visit.

CHWP participating in Wholesome Rx Program

Prescription program for healthy foods

You've heard the phrase, "an apple a day keeps the doctor away" but unfortunately 60 million Americans struggle to put healthy food on their tables.

Plus, the cheapest food choices typically cause diet-related diseases, which as a result help contribute to Americans spending over \$1 trillion a year on diet-related illnesses.

Community Health & Wellness Partners was selected as one of two Ohio sites to participate in the Wholesome Rx Program. The program empowers healthcare providers to prescribe healthy produce foods to the people who need it most.

Instead of waiting for patients to get sick, our doctors can help prevent and control diabetes, obesity, and heart



Diet has surpassed smoking as the number one cause of death and disease in America. Starting this month, a panel of 100 patients of CHWP will be enrolled in our Wholesome Rx Program, a program that brings nutrition incentives to healthcare facilities.

disease by writing prescriptions for fruits and vegetables.

"This partnership is another great example of our approach to care here at Community Health & Wellness Partners," said Jason Martinez, PharmD, BCACP, Clinical Pharmacist at CHWP. "By focusing on the

whole-person we can help patients reach their personal health care goals."

CHWP was awarded a grant through Wholesome Wave and the Ohio Department of Health on an initiative to help increase

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CHWP participates in dental health and education

Community Health & Wellness Partners recently distributed flyers and dental kits to various locations to promote a Dental Clinic held on October 31, 2018 by Robson Family Dentistry in Bellefontaine.

Dental kits were provided to those attending Our Daily Bread, Recovery Zone and Bingo, were given to residents at Heritage Court, were presented to children at three area Amish schools, and were handed out at Union Station/Catholic Charities. Besides promoting the upcoming Dental Clinic, CHWP staff members also shared the importance of dental and physical health. For

those who did not have a primary care provider, we shared information about services available at CHWP and offered new patient packets to those who expressed interest establishing primary care provider services.

Willie Stoltzfus, RN, BSN, Special Projects Officer at CHWP, and Karen Hartley, Outreach Associate, spent a day visiting three Amish schools promoting dental health, demonstrating good toothbrushing and flushing technique, and explaining the



Karen Hartley, Outreach Associate, displays teeth anatomy models at an Amish school.

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EMPLOYEE OF THE YEAR —Heather Schaffer, Outreach Associate, was selected by her peers and Leadership team as the CHWP Employee of the Year for 2018.

Heather Schaffer, 2018 Employee of the Year

Congratulations to Heather Schaffer, Outreach Associate, on being selected as the CHWP 2018 Employee of the Year. Heather was nominated by one of her peers for the recognition. Below are some statements about Heather from the nominator.

Heather is the voice and face of CHWP. She is kind and understanding and always willing to go out of her way to help patients and staff. She is cheerful and always smiling. She is a great asset to this company: always at work, never complaining, very pleasant to work with and a great person to have at our front desk. She greets every patient with a welcoming smile.

While all of the candidates certainly deserved the award, it was Heather's professional growth over this past year that set her apart and led to the ultimate decision by Leadership.

She was given a gift certificate from the CHWP online store, gift card, and her name is listed on a plaque proudly displayed at the West Liberty office.

Behavior Health and Primary Care at CHWP

As a new patient coming to Community Health & Wellness Partners, you may wonder what the behavioral health program is and why it may be beneficial to you. Behavioral health promotes prevention and aims at preventing or intervening for chronic diseases, mental health disorders (such as anxiety and depression), and addiction.

The goal for CHWP's Behavioral Health team is that we increase access to behavioral health services and improve the quality of life by providing evidence-based practices and interventions that have proven to be successful in addressing patient's problems and needs. All while identifying and eliminating barriers to care through providing a standard that improves the well being of the person's whole life.

Currently our services focus on stress/life problems, coping with medical issues and chronic diseases, pain management, risky behavior change, marriage and family concerns, healthy lifestyle changes, improved sleep habits, mental health concerns and substance abuse. In 2018 we were able to help 533 people address their behavioral health concerns and 147 of which suffered from a substance use disorder.

The process for patients to obtain Behav-

In 2018, CHWP was able to help 533 people address their behavioral health concerns

ioral Health services starts with their primary care provider. At their primary care appointment, the patient will meet with CHWP team members who will create a treatment plan alongside the patient to best address their needs. Once the team decides that behavioral health services would be beneficial for the patient, a behavioral health staff will then meet with the patient and give them brief interventions on the spot to help address their needs and then will schedule a follow up appointment with a Behavioral Health Provider (aka counselor or therapist).

Often patients will ask what a behavior-

al health appointment consists of. A patient's first appointment is where our Behavioral Health Providers (BHP) get to know the patient and ask a series of questions about their emotions, lifestyle, family life, medical history, and then will help the patient decide what they would like their focus to be for future appointments. This helps the BHP prepare the best course of treatment for the patient whether it be talk therapy using modalities such as Cognitive Behavioral Therapy, Behavioral Activation, Motivational Interviewing, Dialectical Behavioral Therapy and other interactive activities, discussion of coping strategies or even Eye Movement Desensitization and Reprocessing (EMDR) Therapy when appropriate.

We also have a psychiatrist on site weekly available for consultations. Our psychiatrist does not provide long-term medication management; however, they will assist primary care providers in stabilizing patients on a medication regimen that works for them in conjunction with counseling/therapy provided by our Behavioral Health Providers.

If you or anyone you know is interested in learning more about what can offer, call our office at 937-599-1411.

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impact of tobacco use on dental health. Hartley brought dental anatomy models that children and teachers could examine what teeth can appear like if not treated with good dental technique.

The Adult Dental Clinic was available for Logan County residents over 19 years of age who had not seen a dentist in the last year. Services provided at Robson Family Dentistry included dental exams, cleanings, and x-rays. The dental clinic was sponsored by CHWP, Robson Family Dentistry, Logan County Health District, and Delta Dental. The event was made possible through the Brighter Future Community Grant and Delta Dental Foundation received by LCHD.

A dental survey was completed by 29 patients who attended the Adult Dental Clinic. All those surveyed said the clinic met their needs. When asked if they would have been able to go to the dentist without this clinic, 22 people (81.48 percent) responded they would not be able to go to a dentist. Barriers for not being able to get dental care included affordability, no dental insurance, and their dentist does not accept Medicaid or their insurance.

Close to half of those surveyed said they had not seen a dentist for at least 3 years.



DENTAL HEALTH — Anissa Roesner, Outreach Coordinator at CHWP (pictured at left), provided dental kits at those attending an event at Our Daily Bread. Good dental health was promoted as well as dental education to various locations, including 3 local Amish schools. Children could examine dental anatomy models.

Human Resources help

Employees with questions regarding Human Resources and Personnel policies or questions about our Employee Handbook can search our shared drive under "Policies & Protocols."

If you need clarification or have additional questions, you can contact Heidi Miracle, Admin. Assistant/HR, through email at Heidi.miracle@chwplc.org or 937-599-1411 X251.



HEIDI MIRACLE

PROJECT

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education around healthy food and lifestyle choices for patients who live with diabetes or have a diagnosis of pre-diabetes.

CHWP has partnered with our local grocers — Community Markets, Thoman's IGA, and the Logan County Farmers Market — to help reduce barriers for patients with diabetes to obtain healthy fruits and vegetables.

We can enroll 100 eligible patients, and the program will conclude in August of 2019. Patients in the Wholesome Rx program will be provided a "prescription for food" and monitored for healthcare outcomes.

Since 2010, Wholesome Rx Program has been partnering with healthcare providers and nutritionists to provide produce prescrip-



tions that can be redeemed for fresh produce at participating food markets and grocery stores.

For more information about Wholesome Wave, visit www.wholesomewave.org. Please see Beth Johnson, RN, BSN, or Jason Martinez, PharmD, BCACP, for more information.

Ohio legislation now recognizes pharmacists as providers

Senate Bill 265 formally recognizes pharmacists as providers in Ohio. State legislation is changing the key provider definitions and insurance laws to catch up with the changing and growing roles of a pharmacist.

Due to the rise in opioid use, increased costs of chronic diseases, and growing Behavior Health demands, this bill helps pharmacists be more integrated in the delivery of healthcare and allow them to practice their full scope of professional training.

Better healthcare can be provided to patients when the pharmacist can focus on medication education, adherence, and prevention of adverse drug interactions.



West Liberty:

4879 US Rt. 68 South
West Liberty, OH 43357

Indian Lake:

8200 St. Rt. 366, Ste. 1
Russells Point, OH 43348

Bellefontaine:

212 E. Columbus Ave., Ste. 1
Bellefontaine, OH 43311

Phone: 937-599-1411
Fax: 937-599-4128
Website: www.chwplc.org

New hires, staff changes and news

Community Health & Wellness Partners is pleased to introduce some new people to our staff as well as some staff changes.

Alicia Stafford, RN, will be our new Chronic Care Manager Nurse. The Chronic Care Management (CCM) program will be under the direction of Pharmacy Services. Our CCM program is available to all patients with 2 or more chronic conditions and includes calls to the patient, coordinating care with family and other medical providers. The goal of CCM to help keep patients healthy and out of the hospital. Alicia is currently serving as a triage nurse. The change will become effective in March 2019.

Abby Superchi, LSW, was hired January 28 as a Behavior Health Case Manager. She will be working at the West Liberty and Bellefontaine offices. Abby is a graduate of The Ohio State University where she majored in Social Work and minored in Chemical Dependency. She will be dual licensed as a Licensed Chemical Dependency Counselor III. Abby previously worked as a Substance Use Disorder Case Manager and Recovery & Family Court Representative. Abby has a wealth of knowledge in Medically Assisted Treatment, Crisis Stabilization and Substance Use Disorder. Abby lives in Zanesfield with her husband and son.

Robin Heminger, LPC, was hired January 7 as a new therapist at CHWP. Robin is a Professional Counselor with over 23 years of providing social service and mental health care to children and adults. She specializes in working with children who have learning differences, developmental delays, anxiety, and Attention Deficit Disorders.

Tammy Wallace, RN, is the newest employee on our nursing staff. Tammy resides in Bellefontaine and has experience in nursing home and the Corrections system. Her start date was November 26, and she has been working primarily at the Indian Lake office.

Nicole (Nikki) Kessler, joined CHWP on January 7. Originally from Southwestern Indiana, Nikki has worked in medical offices for 12 years. She will be an Outreach Associate, answering phone calls, greeting patients, and coordinating transportation. Nikki has 2 children, a son who is getting married this September and a daughter who is graduating from Purdue University in May.

Effective January 1, Nellie Hilliard, LPN became a full-time Triage nurse working four days a week with Alicia Stafford and Susan Cox, with one-half day a week scheduled for



ALICIA STAFFORD



ABBY SUPERCHI



ROBIN HEMINGER



TAMMY WALLACE



NIKKI KESSLER



NELLIE HILLIARD

VFC/Immunization coordination.

In other news, Andy Stahl, LPCC, a new counselor at CHWP, recently became a Licensed Chemical Dependency Counselor through Sinclair Community College in Dayton. Stahl joined CHWP in November 2018. He is now accepting patients at our Bellefontaine office.



ANDY STAHL



Did You Know?

Did you know that Community Health & Wellness Partners offers many procedures right here in the office? CHWP can provide the following procedures:

- Skin surgeries (biopsies and removal of lesions),
- Freezing of skin cancers or warts,
- Joint injections (including knees and shoulders),
- Stitches, and
- Splinting.

Pictured at left is Beth Wing, LPN, watching Paula Strebig, CNP, stitch up Barton the elf to minimize the fear in a 5-year old who was about to have his stitches removed from his chin. The sewing demonstration helped the patient no longer be afraid, and Paula was able to remove the stitches like a pro! Paula is our newest Certified Nurse Practitioner and works exclusively at our downtown Bellefontaine location.

See us on the road

Community Health & Wellness Partners has 2 billboards along U.S. Route 33—one eastbound and the other westbound—to let motorists know we now have 3 office locations. We are accepting patients at all 3 sites.

We can also be found on the social media outlets such as Facebook, Twitter, and LinkedIn. A recent post on Facebook featuring Trisha Burton, LPN, reached over 1,000 people! Check out our latest tweets and social media posts at:

- <https://www.facebook.com/chwplc/>
- <https://twitter.com/CommunityHeal20>
- <https://www.linkedin.com/company/community-health-&wellness-partners-of-logan-county/>



Halloween fun

Patients lucky enough to visit our Russells Point office at Indian Lake on Halloween were treated with a visit by The Big Bad Wolf, portrayed by Josh Bryant, CNP; Little Red Riding Hood, dressed up by Tyler Shaffer, LPN; and Little Red Riding Hood's Grandmother, played by Anissa Roesner, Outreach Coordinator.

Need a ride to our site?

Any patients with transportation needs to their appointments at Community Health & Wellness Partners may call 937-599-1411, option 7.



Pharmacy Services Update



Jason Martinez, PharmD, BCACP

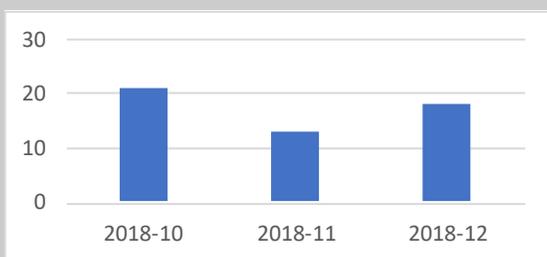
Total Visits: **220**

Pharmacist 139

Dietitian 81

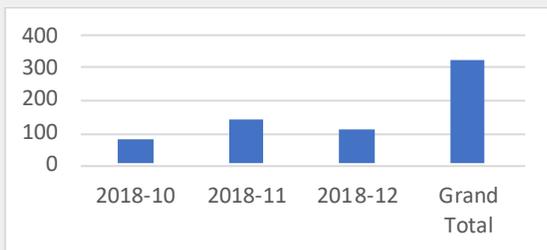
Medication Related Problems

(identified by pharmacist)



Pharmacist Interventions

(questions brought to pharmacist)



Diabetes Education Program Aggregate Data

(March 2018 - current)

Unique Patients: **102**

DSMT visits: **225**

A1C reduction: **1.1%**

Weight reduction: **3.7%**

Foot Exam completion: **86%**

340b Update

Total 340b scripts: 3100

Care of the Underserved Population Special Interest Group

The American Pharmacist's Association has formed a new special interest group (SIG) in 2018 regarding the care of the underserved population. Jason has been promoted to chair of the communication committee so if anyone has anything that can be shared among this group, please don't hesitate to contact Jason Martinez.

Continuing to Integrate Pharmacy Services

If you encounter a patient who is having difficulty in reaching their treatment goals or even affording their medications, please utilize one of our caseworkers present in all offices for a warm handoff. They will be able to gather more information, possibly help the patient the same day, and then help to schedule an appointment if necessary with the appropriate service.

Helping Patients Afford Their Medications

Drug pricing has been in the news throughout all of 2018 and projections for 2019-2020 indicate price increases of around **16%**. While insurance has historically been the best option for most patients this isn't always the case anymore. Pharmacies often are grossing <10% on prescriptions with the insurance company grossing >20%, so many pharmacies are coming up with creative ways to make more money while saving patients money as well. For example, Kroger recently partnered with GoodRx on a discount program that may save patients significantly compared with their insurance. There are also options for patients to obtain discounts through the manufacturer for many brand name medications.

Don't be afraid to have patients schedule for a comprehensive review with Jason. Let the patient know its best to bring all their medications, receipts/costs, tax forms, etc. so that all options can be explored. There may be formulary options not tried yet, prior authorizations that can be attempted, patient assistance through the manufacturer or other charitable organizations that can help. Jason will help with communicating back to the PCP and work through triage nursing if any prior authorizations are needed.